

Body Wraps and Exfoliations

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Body wraps have been used for centuries. It is known that in ancient Egypt they were frequently used for beautifying the skin, healing the body and soothing the spirit.

The wrapping process was highly developed (just think of the mummies), and very effective. High-Class Egypt women are supposed to have been very beautiful. In spite of a very hot and sandy climate, which is adverse to the skin, they are known to have had a very clean skin.

But also in many other cultures like the Romans, Chinese, Japanese the Body Wraps were known for beauty and medical reasons.

Since Body Wraps were first launched, it has been widely used by millions & thousands of people from different parts of the world & has proven its success in the Beauty Industry.

In the past, Body Wraps were only produced exclusively for Beauty Salons which provided such services to their customers. Unfortunately, not a lot of people could afford such luxurious treatments in Beauty Salons.

With changing marketing strategies and customer demands in the 90's, together with popular demand from the public, Body Wraps are now being sold factory direct to consumers in order to expose the products to more & more people, so that more customers could easily enjoy the miraculous effect from the wonderful product at an affordable price.

This has given everyone the possibility to buy the ingredients and make their body wraps at home.

With Body Wrap Kits you can learn how to do your own home wraps.

Different Types of wraps:

Hot Sheet Wraps

Hot sheet body wraps entail dissolving a substance such as mud, herbs, or seaweed in hot water, soaking a sheet in the solution, and wrapping the client with the sheet. The intention is to increase body temperature so that perspiration will occur. This rids the body of excess water weight and allows toxins to escape through the skin. Possibilities for hot sheet substances are endless, but a coffee hot sheet wrap is one example of a popular method. It is believed that topically applied coffee decreases water retention. Other common hot sheet substances are honey, milk, and juice.

Cocoon Wrap

Cocoon body wraps require the wrap substance to be applied directly to exfoliated skin to ensure the best conditions for absorption. The substance is then sealed by wrapping the client in a plastic sheet or blanket. One popular type of cocoon wrap is the emollient wrap. This is intended to hydrate and soften the skin by applying a thick moisturizer such as Shea butter. Others may opt for an aromatherapy cocoon. This type of wrap utilizes essential oils intended to calm or invigorate. Arthritic clients are benefited by paraffin cocoons. Paraffin traps heat, so that joints are warmed which, in turn, reduces joint pain and stiffness.

Tension Wraps

Tension body wraps are the third category. The goal of a tension wrap is to push excess fluid out of specific areas so that they will appear slimmer. To accomplish this, elastic bands or plastic sheets are tightly wrapped around the targeted area. As with the hot sheet wraps, this results in perspiration and fluid loss, but this is only a temporary water loss and not a permanent solution. Care must be taken with tension wraps to ensure the wrap is not too tight, as this can result in damage to blood vessels.

Contraindication:

- Poor circulation (tension Wrap)
- Diabetes
- High Blood pressure
- Varicose veins
- Resent soft tissue injury (hot wraps)
- Fever

Wraps can trigger rapid detoxification of the body which may result in a headache or nausea. It is normal for clients to experience mild detoxification symptoms however if the symptoms occur during the wrap, remove the client from the wrap itself and encourage your client to drink lots of water and to rest at a comfortable temperature.

Table Set up:

- Blanket
- Sheet
- Space blanket
- Big towel
- Pillow
- Headband if available
- Product mixture
- Gloves
- Eye pads
- Bowl with warm water and small towel
- Lotion (you always finish off with a lotion application after the wrap)

Rejuvenating whipped citrus wrap

This wrap is nourishing, hydrating, moisturizing, pampering and rejuvenating. It is recommended for dry and dehydrated skin.

Please see for any contraindication to general body wraps, honey, yoghurt and citrus.

How to make the mixture:

1 cup yoghurt

1 cup Honey

$\frac{1}{2}$ cup lotion

Procedure:

- Buff the skin with a towel
- Have client lay face up
- Start with your client sitting up and apply the mixture to the back
- Lay client back down and apply mixture to legs, abdomen, arms and chest
- Wrap client in every single layer
- Keep wrapped for 15 minutes
- Offer a head massage during the wrap
- Unwrap and wipe the mixture off with a wet **warm** towel
- Finish off with a lotion application

Exfoliation:

Exfoliation is the removal of the oldest dead skin cells that cling to the skin's outermost surface. Exfoliation is an important part of both facials and body treatments. When done correctly, exfoliation leaves the skin feeling smoother and fresher looking. Exfoliation also makes penetration easier for expensive facial products like serums.

There are two forms of exfoliation:

1) Mechanical Exfoliation.

The dead skin cells are physically rubbed off with an abrasive. Examples of mechanical exfoliation include a salt glow, a body scrub that might use sugar or coffee grounds, or skin brushing. On the face, mechanical exfoliation ranges from scrubs should use small, round, gentle abrasives like jojoba beads to more aggressive procedures like microdermabrasion.

2) Chemical Exfoliation.

Enzymes, alphahydroxy acids (AHAs) or betahydroxy acids (BHAS) loosen the glue-like substance that holds the cells together, allowing them to slough away. Facial peels are a form of chemical exfoliation. They can either be very gentle or very aggressive, depending on how the strong the peel is. Body treatments might use mild chemical exfoliants like pineapple enzymes.

Why Is Exfoliation Important?

The skin is constantly generating new skin cells at the lower layer (the dermis) and sending them to the surface (the epidermis). As the cells rise to the surface they gradually die and become filled with keratin. These keratinized skin cells are essential because they give our skin its protective quality. But they are constantly sloughing off to make way for younger cells.

As we age the process of cell turnover slows down. Cells start to pile up unevenly on the skin's surface, giving it a dry, rough, dull appearance. Exfoliation is beneficial because it removes those cells that are clinging on, revealing the fresher, younger skin cells below.

It is possible, however, to over exfoliate, especially on the delicate skin of the face. Over exfoliating will dry and irritate the skin.

Table set up for a sugar scrub:

- Sheet
- Plastic
- Big towel
- Bowl with warm water and small towel
- Pillow
- lotion

Mixture preparation:

1 cup brown sugar

1 teaspoon water

Enough oil to mix (about 2 tablespoons)

Essential oil (3 drops) if available

Procedure:

- Have client lay face up
- Start with your client sitting up and exfoliate the back
- Lay client back down and exfoliate legs, abdomen, arms and chest
- Wipe product off with a small warm wet towel
- Finish off with a lotion application

Contraindication:

- Freshly shaven skin
- Freshly waxed skin
- Skin rashes
- Open cuts and wounds
- Epilepsy

Extra info:

What You Should Know About Facial Exfoliation:

Be extra careful with the delicate skin of your face.

It's easy to over exfoliate. Talk to a good esthetician about the product and frequency that is best for your skin. You should be especially cautious if you have sensitive or aging skin.

Be careful not to overdo microdermabrasion. It can make thin, aging skin even thinner if you get too many treatments too quickly.

Don't over exfoliate, especially in summer or in very sunny climates. You're making it easier for your skin to be damaged by the sun.

Never use body scrubs on the face. They're too rough.

Be very careful with peels. Don't get one peel and then go somewhere else to ask for another. You can remove too much of your protective layer and end up exposing the living dermis. Again, be careful about going out in the sun afterwards, or doing it in summer.

Never wax if you've had a peel recently. It might expose raw, living skin, which will have to scab over to heal.

What You Should Know About Body Exfoliation:

You can use a body scrub once or twice a week with no problem.

Body brushing every morning is a gentle way to exfoliate -- and wake up!